



# What are some of the healthy foods that I can get with my WIC benefits?

- Whole grains • Cereal
- Milk • Cheese • Juice
- Eggs • Beans • Peanut butter
- Fruits and vegetables
- Canned tuna or salmon  
*(for breastfeeding women who do not get formula from WIC)*
- Baby foods/baby cereal
- Formula

we are  
family



WIC is open to many incomes and all kinds of families. Even if you don't qualify for Medicaid, you still may be eligible for WIC.

WIC stands for Women, Infants, and Children



Call us to find out more.  
**1(800) 942-3678**

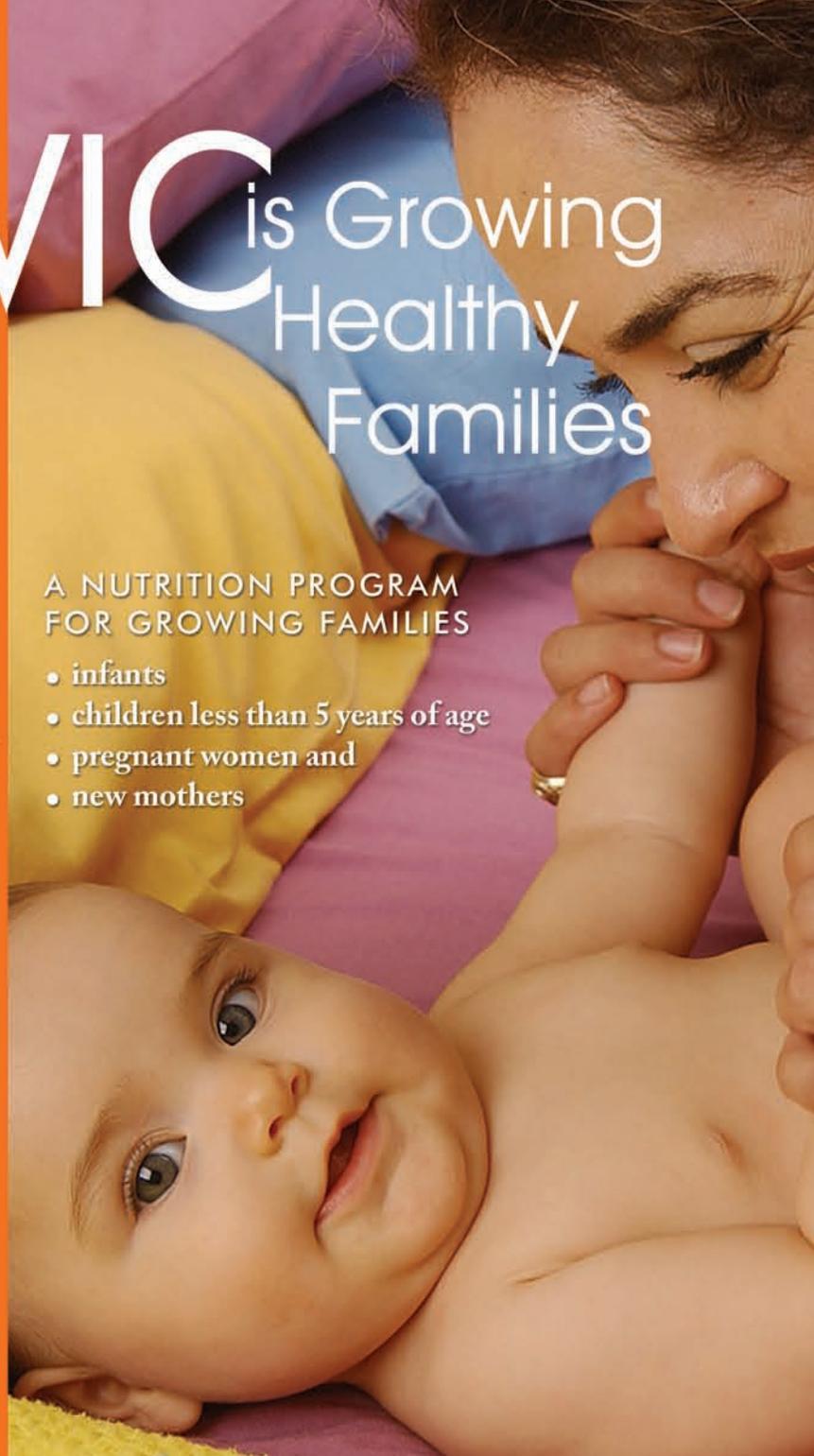
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a good start  
HEALTHY KIDS  
breastfeeding  
nutrition  
support

# WIC is Growing Healthy Families

A NUTRITION PROGRAM FOR GROWING FAMILIES

- infants
- children less than 5 years of age
- pregnant women and
- new mothers



## What is WIC?

**We are a nutrition program for growing families. We work with families to make sure:**

- pregnant women have healthy pregnancies.
- infants get the best start by providing new parents with the best and latest information on feeding their infants.
- young children eat right and grow strong for a bright future.
- families have nutritious foods high in vitamins and minerals.



## What will happen at my first WIC appointment?

**WIC staff will determine if you qualify by:**

- looking at your income,
- weighing, measuring and checking the iron level of each person applying for WIC, and
- asking questions about you and your family's health and nutrition.

## What services does WIC provide?

**If you qualify you will return to the WIC clinic every two to three months and we will provide:**

- information about nutrition that relates to your family's needs.
- healthy foods; additional food benefits are provided to women who choose to breastfeed.
- referrals to health care services.

